

September Harvest of the Month Sweet Bell Peppers



Illustration by Katherine McGrath, Charlottesville City Public Schools

Try Sweet Bell Peppers at Home!

Health and Nutrition

Sweet bell peppers are low in calories and an excellent source of dietary fiber.

They are also packed with healthy vitamins and minerals, including: Vitamin C, Vitamin B6, Vitamin A, Folate, Molybdenum.

Compared to green bell peppers, the red ones have almost 11 times more beta-carotene and 1.5 times more Vitamin C, and they are sweeter!

Did YOU Know

Green peppers are simply red, orange, yellow, or purple peppers that have not ripened.



Reading Together

Check out
our featured book:
A Fruit is a Suitcase for Seeds
by Jean Richards

